A WARNING AGAINST OVERDEVOTION TO TEMPORAL AFFAIRS.

Matt.6:25,33. "Be not anxious for your life, what ye shall eat or what ye shall drink; nor yet for your body, what ye shall put on. ... But seek ye first the Kingdom of God and His Righteousness; and all these things shall be added unto you. ... For your Heavenly Father knoweth that ye have need of these things."

INTRODUCTION.

The logical paragraf from which the text is taken sets forth two great dangers:

1. Seeking after the good things of this earth too earnestly.
2. Becoming anxious concerning the good things of the world.

Body.

I. The Habit of Worrying.

1. Its grip upon the American people. Niagara.

2. Its insane folly.
   Does worrying help us in our work? Mrs.Cornell.
   Does worrying increase our happiness?

3. Its dreadful consequences.

   Lost health, happiness, and confidence. Flume full of (leaks.
   One becomes suspicious and careworn.

4. Its non-necessity.

   3/4 of troubles are imaginary. Xn Science.
   Worrying only increses the amount of real trouble.

II. How the danger may be overcome.

1. Realize that exclusive devotion to and anxiety concerning temporal needs is a deadly disease. Kill the rats.

2. Adapt yourselves to you environment.
God is man's environment.
Seek ye firstHis Kingdom and His Righteousness.

3. Conquer your aversions.

4. Enlarge your relationships and increase your service to others.

5. Exalt the commonplace.
Every humble individual is a part of God's plan.
All that you do concerns the will of Almighty God.

6. Cultivate a spirit of gratitude for mercies received.

7. Let God's Written Word help you.

Read.

7. Let the Scriptures help you.

DON'T WORRY.

SCIENTIFIC STATEMENTS WHICH GROW OUT OF THE TRUTH THAT GOD IS LOVE, AND THAT HE IS INFINITE.

Underneath thee are the everlasting arms. Deut. 33: 27.

A man's heart deviseth his way, but the Lord directeth his steps. Prov. 16: 9.

Man's goings are of the Lord; how can a man then understand his own way? Prov. 20: 24.

Except the Lord build the house, they labor in vain that build it; except the Lord keep the city, the watchman waketh but in vain. Ps. 127: 1.

Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusteth in thee. Isa. 26: 3.

Try me now and see if I will not open the windows of heaven and pour you out a blessing that there shall not be room to receive it. Mal. 3: 10.

Cast thy burden on the Lord. He will sustain thee. Ps. 55: 22.

Seek first the kingdom of God and His righteousness, and all these things shall be added unto you. * * * Be not anxious for your life, what ye shall eat or what ye shall drink, nor yet for your body, what ye shall put on. * * * Your Heavenly Father knoweth that ye have need of these things. * * * If God so clothe the grass, which to-day is, and to-morrow is cast into the oven, shall He not much more clothe you, O ye of ltttle faith? * * * In the world ye shall have tribulation, but be of good cheer; I have overcome the world. * * * I do not leave you orphans. * * * Lo, I am with you always, even unto the end of the world. * * * Peace I leave with you. My peace I give unto you. Not as the world giveth give I unto you. Let not your heart be troubled, neither let it be afraid. * * * Come unto me, all ye that labor and are heavy laden, and I will give you rest. * * * According to your faith be it unto you.—*Sayings of Jesus Christ.*

All things are ours. * * * I can do all things through Christ, who strengtheneth me. * * * Neither death nor life, nor principalities, nor powers, * * * nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. * * * Jesus Christ, the same yesterday, to-day and forever.—*Sayings of St. Paul.*

DON'T WORRY.

Count it all joy when ye fall into divers temptations, knowing that the trial (proof) of your faith worketh patience. And let patience have its perfect work, that ye may be perfect and entire, lacking in nothing.—*St. James.*

WAITING UPON GOD.

My soul, wait thou only upon God. Ps. 62: 5.
Be still, and know that I am God.—Ps. 46: 10.
In quietness and confidence shall be your strength. Isa. 30: 15.
Blessed are all they that wait for Him. Isa. 30: 18.
Whoso putteth his trust in the Lord, shall be safe. Prov. 29: 25.
Blessed is he that waiteth. Dan. 12: 12.
Though it tarry, wait for it. Heb. 2: 3.
Rest in the Lord, and wait patiently for Him. Ps. 37: 7.
The Lord is my Shepherd, I shall not want. Ps. 23: 1.
Wait on the Lord; be of good courage, and He shall strengthen thine heart.

PROMISES OF LIGHT AND GUIDANCE.

I am the light of the world. He that followeth me shall not walk in darkness. John 8 :12.
He that loveth his brother abideth in the light. 1 John 2: 10.
Unto the upright there ariseth light in the darkness. Ps. 112: 4.
Christ shall give thee light. Eph. 5: 14.
God is light, and in Him is no darkness at all. 1 John 1: 5.
The steps of a good man are ordered by the Lord. Ps. 37: 23.
The Lord shall guide thee continually.
I have led thee in right paths. Prov. 4: 11.
He will guide you into all truth. John 16: 13.
Fear not, for I am with thee. Gen. 26: 24.
The Lord is the strength of my life. Ps. 27: 1.
Let your requests be made known unto God. Phil. 4. 6.
Your father knoweth what things ye have need of before ye ask Him. Matt. 6· 8

GOD HAS A PLAN FOR EVERY MAN.

In faith and love thy course of duty run,
God nothing does, nor suffers to be done,
But thou wouldst do the same, couldst thou but see
The end of all events as well as He.

7. Let the Scriptures help you.

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tionship with, and properly adjusted to the Supreme Source of power, life, health, happiness?" In some form or other this problem will last as long as life lasts. Hence the usefulness of a circle is far from being transient. An "Emerson Club" in New York city has adopted the circle idea, giving as their reason that "Don't worry is transcendentalism reduced to practice." The pastor of a church in New York has turned his midweek meeting into a Don't Worry Circle. He writes: "I can see a great future for the movement. I have plans for my meeting which I am sure will keep it alive and vigorous, for it will be nourished by the bread and water of life, so freely offered for all who will eat and drink."

He says further that his method is to prepare a brief paper himself, or have one of his people prepare one on some suitable topic, to be followed by a general discussion and the relating of experiences with reference to overcoming the worry habit.

The machinery of a circle may be of the slightest. No constitution is required. If it is a church circle the pastor will naturally be its general director. If it is a private circle, a president or chairman may be chosen from time to time. Methods will vary so much under different circumstances that fixed rules cannot be given.

Mr. Charles B. Newcomb says in his lately published book, "All's right with the world": "Let us organize an anti-worry club on the lines of prohibition work, to legislate against the indulgence of anxiety. We will not depend on numbers for success. A membership of one is quite sufficient. Two in some cases will be better, and possibly four or five, if there are so many in the family. The fines and penalties should be severe, and might be devoted to the purchase of breezy literature that would assist 'the cause' and forward the objects of the club. There should be no tenderness shown to defaulting members, for worry is a disease that needs heroic remedies. We must be as merciless to our worries as to Canada thistles. It might be well to even offer bounties for their extermination. We must radiate an atmosphere in which they cannot live. If we do not master them, they will certainly master us."